

MARYLAND
WOMEN,
INFANTS &
CHILDREN
PROGRAM

Better
nutrition
for
a brighter
future







VIII CORIZED

AUTHORIZED FOODS LIST

EFFECTIVE OCTOBER 2013

Bring this list when you shop for WIC foods!

Frequently Asked Questions

1. What does "store brand if available" mean?

You must buy the store brand if the store carries it and if it is in stock. Refer to the Store Brand Shopping Guide for store brand examples.

2. What should I do if the store brand is not available?

If the store carries national brands in addition to the store brand and the store brand is not available, you can buy a national brand.

3. If the store brand of cheddar cheese is not in stock, can I buy a national brand of cheddar or must I buy the store brand of another kind of cheese like American or Swiss?

If the store brand of the kind of cheese you want to buy is not in stock, you can buy a national brand of that cheese. For example, if you want to buy cheddar cheese and the store only has the store brand of American, you can buy a national brand of cheddar. You do not need to buy the store brand of American cheese.

4. If the store brand of navy beans is not in stock, can I buy a national brand of navy beans or do I need to buy the store brand of another kind of beans like kidney beans or black beans?

If the store brand of the kind of beans you want to buy is not in stock, you can buy a national brand of those beans. You do not need to buy a different kind of WIC allowed beans.

5. If the store brand of baby food sweet potatoes is not in stock, can I buy a national brand of baby food sweet potatoes or must I buy the store brand of another kind of baby food vegetables like green beans.

If the store brand of the kind of baby food vegetables, fruit, or meat you want to buy is not in stock, you can buy a national brand. For example, if you want to buy baby food sweet potatoes and the store only has the store brand of green beans, you can buy a national brand of baby food sweet potatoes.

6. Do I need to buy the store brand of fruit or vegetables with a Fruit and Vegetable check?

No, you can buy any brand of fruit or vegetables with a Fruit and Vegetable check.

7. Can I buy green beans, wax beans, or sweet peas with a WIC check offering beans?

No, but you can buy green beans or sweet peas with a Fruit and Vegetable check.

8. Can I buy a pumpkin with a Fruit and Vegetable check?

Yes, a pumpkin is considered a fruit. You can buy it with a Fruit and Vegetable check. Painted or decorated pumpkins are not allowed.

9. My store carries cultural foods like aloe vera and cactus. Can I buy these with a Fruit and Vegetable check?

Yes, aloe vera and cactus are used as vegetables in some cultures. You can buy these with a Fruit and Vegetable check.

10. Can I buy baby food fruit and vegetables with a Fruit and Vegetable check?

No, Fruit and Vegetable checks are intended for women and child participants.

11. Can I buy fruit like applesauce in the "snack pack" size with a Fruit and Vegetable check?

Yes, you can buy any size of canned fruit in a metal, glass, or plastic container. It must be packed in water or unsweetened juice.

12. What kind of bread, rolls, or buns can I buy?

You must buy the store brand of 100% whole wheat bread, rolls, or buns if it is available. If the store brand is not available, you can buy any brand that says "100% whole wheat bread", "100% whole wheat rolls" or "100% whole wheat buns" on the label.

13. If a WIC check says "15 ounces or less cereal" can I buy a 15 ounce or smaller box of **cold** cereal?

No, you can only buy an 11.8 to 15 ounce box of **hot** cereal.

Milk

BUY:

- 1% (lowfat) or fat-free (nonfat) if woman or child 2 years and older
- Whole milk if child is less than 2 years
- ✓ Store brand if available
- Container size shown on check

BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free (whole, lowfat, nonfat)
- ✓ Powdered (dry, whole or nonfat)
- Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- × 2% milk or buttermilk
- X Chocolate or other flavor
- X Organic, rice, or goat milk
- X Sweetened condensed

Cheese

BUY:

- American, Cheddar, Monterey Jack, Mozzarella, or Swiss
- ✓ Store brand if available
- ✓ 16 ounce size only
- ✓ Blocked or sliced
- ✓ Lowfat, reduced fat, and low sodium OK

DO NOT BUY:

- X Organic or imported
- X Deli, string, or individually wrapped
- X Cheese food, spread, or product
- X Cream cheese
- X Shredded, crumbled, or cubed
- X With flavors, nuts, peppers, or crackers

Eggs

BUY

- ✓ White, medium or large
- ✓ Store brand if available
- ✓ One dozen only

DO NOT BUY:

- X Organic, brown, fertile, or cage free
- Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney, pinto, black, navy, garbanzo, or lima
- ✓ Split peas, black-eyed peas, or lentils
- ✓ Store brand if available
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can



DO NOT BUY:

- **X** Organic
- Green or wax beans, sweet peas*
- X Soup, soup mixes, or with flavor packets
- X Beans with sauce, meat, fat, or oil
- * BUY with your WIC Fruit & Vegetable check

Peanut Butter

BUY:

- ✓ Plain, smooth, crunchy, extra crunchy, or creamy
- ✓ Store brand if available
- ✓ 16 to 18 ounce container
- ✓ Low sodium and low sugar OK

DO NOT BUY:

- X Organic, natural, reduced fat, fresh-ground
- ✗ Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- X Peanut butter spreads

Canned Fish

Tuna

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can
- ✓ Store brand if available

DO NOT BUY:

- X Albacore or white tuna
- **X** Red salmon
- Fish with added flavor or sauce
- X Organic, low sodium, or gourmet
- X Pouch, bowl, or kit



Cereal — You can combine different cereals

BUY:

- ✓ Brands and types shown here only
- ✓ 18 ounce size or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

Organic



GERNERAL MILLS Cheerios



GENERAL MILLS Kix



MALT-O-MEAL Oat Blenders Honey

QUAKER

Oatmeal Squares

Brown Sugar



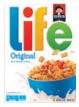
MALT-O-MEAL Oat Blenders Honey & Almonds



KELLOGG'S Scooby-Doo!



OUAKER Cinnamon Oatmeal Squares



QUAKER • Life 🤲



QUAKER · Instant Oatmeal Original Flavor

QUAKER Instant Grits, Original Flavor



MALT-O-MEAL · Hot Wheat Cereal



KELLOGG'S · Rice Krispies



KELLOGG'S Corn Flakes



KELLOGG'S Special K



KELLOGG'S All Bran Complete Wheat Flakes

Vheat

POST

Shredded Wheat

Lightly Frosted

PERM



 Frosted Mini Wheats



Big Bites



POST Honey Nut /



POST Grape Nuts Flakes

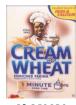


KELLOGG'S Frosted Mini Wheats Original



POST Honey Bunches of Oats –

- Vanilla Bunches · Honey Roasted
 - Almond
 - Cinnamon Bunches



POST

Grape Nuts

B&G FOODS Cream of Wheat Instant 1 Minute • 2 1/2 Minute

Indicates Whole Grain Food

Possible ways to buy up to 36 ounces of cereal

18 ounces +18 ounces 36 ounces



18 oz. Cereal

24 ounces +11.8 ounces 35.8 ounces





18 ounces +14 ounces 32 ounces





Fruit & Vegetable Check

- Organic is OK
- Any brand

Fresh

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut
- Sweet potatoes and yams ŌK

DO NOT BUY:

- White, red-skin, or gold potatoes
- X Salad bar items, party platters, fruit baskets
- X Herbs, nuts, peanuts
- Salad kits with nuts, croutons, or dressing
- **X** Fruit or vegetables with dips
- X Dried fruit

Frozen

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



DO NOT BUY:

- French fries, tater tots, or other white potatoes
- ✗ WIC or other juice*
- **X** Soup
- X With potato, rice, or pasta
- X With breading, butter, sauces, fat, oil, or meat
- **X** With sugar

Canned

BUY:

- ✓ Water or juice pack only
- Metal, glass, or plastic container
- ✓ Low sodium OK



DO NOT BUY:

- ✗ WIC beans,* pork and beans, or baked beans
- ✗ WIC or other juice*
- **X** Soup
- With added white potato, meat, fat, oil, rice,
- X Sugar-sweetened or in syrup
- ✗ With artificial sweetener
- Pickled vegetables, relishes, catsup
- X Cranberry sauce, pie filling

Fruit Juice

BUY:

- Brands and types shown here only
- ✓ 100% juice, unsweetened
- Can, carton or bottle size shown on check
- ✓ With calcium and/or vitamin D OK

DO NOT BUY:

- Less than 120% DV vitamin C
- K Glass bottles
- Organic or fresh-squeezed
- Fruit cocktail, punch, drink, or light
- Shelf stable

Frozen Concentrate: For Women



Any Brand



Any Brand





APPLE Old Orchard

Best Yet, Essential Everyday, Food Lion, Giant, Great Value, Hannaford.



Welch's

(with yellow

tear strip),

My Essentials, Old Orchard (with green tear strip), Safeway,

Seneca

64 ounce Container: For Children



Best Yet,

Diane's Garden,

Giant.

Great Value,

Hannaford. Harris Teeter,

V8



ORANGE, GRAPEFRUIT Any brand



PINEAPPLE Best Yet, Food Lion. Hannaford,





Campbell's, Food Lion. Giant. Great Value, Hannaford, Harris Teeter, Market Pantry, Shursaving



Rest Yet Food Lion, Giant Giant Eagle, Harris Teeter, Juicy Juice, Old Orchard, Valu Time, Wegmans



Best Yet, Essential Everyday, Food Lion. Giant, Giant Eagle, Great Value, Hannaford, Market Pantry, My Essentials, Old Orchard, Safeway, Shop Rite, Shurfine, Valu Time, Wegmans

^{*} BUY WIC juice and WIC beans with your other WIC checks.

100% Whole Wheat Bread, Rolls, & Buns



- ✓ 100% Whole Wheat Bread (must say 100% Whole Wheat Bread on label)
- ✓ 100% Whole Wheat Rolls or Buns (must sav 100% Whole Wheat Rolls or 100% Whole Wheat Buns on label)
- Store brand if available
- ✓ 1 pound or 15 to 16 ounce package

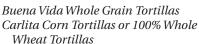
DO NOT BUY:

- X Raisin or other bread with fruit or nuts
- X Pita or bagel bread or English muffins
- **X** Organic

Soft Corn & Whole Wheat Tortillas

BUY:

✓ 1 pound (16 ounce) package





Celia's Corn Tortillas

ChiChi's White Corn or Whole Wheat Tortillas Don Pancho White Corn or Whole Wheat Tortillas La Burrita Yellow Corn Tortillas La Banderita White Corn or Whole Wheat Tortillas Mission Yellow Corn or Whole Wheat Tortillas Ortega Whole Wheat Tortillas

DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- X White flour tortillas or with any added flavors
- **X** Organic

Brown Rice



BROWN RICH

BUY:

- ✓ Regular
- ✓ Store brand if available
- ✓ 1 pound (16 ounce) package
- ✓ Dry, plain

DO NOT BUY:

- x Ready-to-serve or precooked in pouch
- ✗ Rice with added flavor, sauce, or vegetables
- ★ Organic

Indicates Whole Grain Food

Infant Foods

Infant Formula

✓ Brand, type, and size shown on check

DO NOT BUY:

X Organic formula

Infant Cereal

BIJY:

- Brand shown on check
- ✓ Dry, 8 or 16 ounce container

DO NOT BUY:

- X Organic or with DHA, fruit, or formula
- X Iar or can

Infant Vegetables & Fruit

- ✓ Plain vegetables or combination of vegetables (example: carrots and yams)
- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Store brand if available
- ✓ Multi-packs OK (a 2 pack = 2 containers)
- ✓ 3.5 to 4 ounce container

DO NOT BUY:

- X Organic or with DHA
- X With meat, yogurt, cereal, pasta, or rice
- X Dinners, desserts, soups, stews, or diced
- X Pouches or smoothies

Infant Meat

BUY IF PRINTED ON CHECK:

- ✔ Plain chicken, turkey, beef, lamb, veal, or ham
- Store brand if available
- ✓ With gravy or broth OK
- ✓ 2.5 ounce containter

DO NOT BUY:

- X Organic or with DHA
- X With added vegetables, fruit, rice, cereal, or pasta
- X Dinners, meat sticks, stews, or soups
- **X** Pouches



Remember, breastfeeding is best for you and your baby.













Soy Beverage

BUY:

- ✓ Brand and container size shown on check
- 8th Continent Original
- 8th Continent Soy Original



DO NOT BUY:

- X Any flavors
- X Light or fat-free

Tofu

BUY:

- ✓ Amount shown on check
- ✓ 12 to 16 ounce container



AZUMAYA: Extra Firm, Firm, Silken,

Lite Extra Firm

HOUSE: Extra Firm, Firm,

Medium Firm (Regular), Soft (Silken)

NASOYA: Extra Firm, Firm, Cubed, Soft, Silken,

Lite Firm, Lite Silken

DO NOT BUY:

X With added sodium, flavoring, fat, or oil

QUESTIONS?

Ask your WIC staff or call the State WIC Office at 1-800-242-4WIC (4942) or visit our website at www.mdwic.org









Martin O' Malley, Governor Anthony G. Brown, Lt. Governor Joshua M. Sharfstein, M.D., Secretary, DHMH

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